



Senior Tennis Times

Newsletter of the Senior Tennis Players Club, Inc. *November 2002*

STPC Annual Meeting and the Jack Dow 20th Anniversary Celebration—September 28, 2002

By Jean Murdock

It was a wonderful event with approximately 170 attending at the Metropolitan Club. The Social Hour was entertained by our members, Jackie Darst, Marilyn McNamee, Virginia Belford, Lois Hoffman, Tom Fischer, Earl Darst, Bob Sloan and Bill Sturm modeling tennis outfits provided by the Northwest Tennis Clubs and chaired by Alice Weides. Photo boards of various events of the Club over 20 years were on display as well.



The Percy Hughes Trio jazzes things up.

President Jean Murdock welcomed the lifetime members and the past presidents that were attending. Percy Hughes gave a remembrance of Ernie Greene and all he had meant to the Club. New Board members were introduced and outgoing Board members recognized for their years of service.

Matt Little gave an introduction of Sue Larson who was awarded the 2002 Jack Dow Traveling Trophy by mentioning all the past work she has done for the Club, from President to fundraising to initiating the Bolger Clinic, the Grandparent-

Grandchild Tournaments, and many other events.

Chuck Supplee, the recipient of the 2001 Jack Dow Trophy, made the presentation to Sue Larson. Sue's acceptance speech included how the club started, and how she had become Jack's eyes and wheels, and how he could con anybody into doing anything. His love for tennis and all the events he promoted never diminished over the years.

Sue then introduced the Dow family members present. Jim Dow gave a wonderful speech about his father. His fondest memories of his youth were the days that they had spent up north at the cabin.

Trudy Hughes, a Lifetime Member,



Sue Larson (left) accepts the 2002 Jack Dow Traveling Trophy from 2001 recipient Chuck Supplee (right).



The Jack Dow family

played a musical tribute to Jack Dow. The Percy Hughes Trio with their swinging music got everybody out on the dance floor for a grand finale to a great party.

Upcoming Events

November 14, 2002

Doubles Troubles Strategy with Percy Hughes and Roger Boyer, Reed-Sweatt Family Tennis Center (formerly Nicollet Tennis Center) — see page 7 for information and sign-up sheet.

December 2002

Mail renewal invoice and your \$20 check for 2003 dues, and you will be listed in the 2003 roster.

Senior Tennis Players Club, Inc.

A nonprofit corporation, P.O. Box 24826, Edina, MN 55424.

Senior Tennis Times

The Senior Tennis Times is published monthly by and for the members of the Senior Tennis Players Club, Inc.

Newsletter Editor

Mary J. Kaminski
3300 East Gate Rd
Saint Anthony, MN 55418-2545
Phone: 612-781-3271
Email: mkaminski@attbi.com

2002-2003 Board of Directors

President: Jean Murdock 612-825-5826
Vice President: Ken Landro 763-544-9757
Secretary: Carol Shields 651-484-3213
Treasurer: Bernice Hanson 651-633-3276
Director of New Membership:
Caryl Minnetti 952-884-5136
Newsletter: Mary Kaminski 612-781-3271

Roz Bernstein 952-938-7698
Sally Browning 952-942-9336
Ed Fischer 763-550-9770
Robert Sloan 612-529-0604
Jack Thommen 952-888-2267
Alice Weides 952-881-3751
Bill West 763-475-2869
Immediate Past President:
Helen Stecklein 651-494-0648
Director of Training: Roger Bayer
Assistant Director of Training: Percy Hughes
Phone: 952-831-2872
E-mail: percyhjr@aol.com
Founding President: Jack Dow

Advertising

Send digital files by disk or e-mail mkaminski@attbi.com to Mary Kaminski by the 20th of the month for publication the following month. **Please send all payments to the treasurer.** We can create an ad for you for a \$20 fee.

Ad rates are:

Full page (7x9 in) \$100
Half page (7x4.5 in) 75
Quarter page (3.5x4.5 in) 50
Eighth page (3.5x2.5 in) 30
Classified ad
(members only, max 4 lines) 15
2-line ad
(members only, 50 spaces/line) free

Publication Deadline

Submit articles to Mary Kaminski by the 20th of the month for publication the following month. All material submitted for publication is subject to editing.

Membership information changes

Can be made by writing Senior Tennis Times, P.O. Box 24826, Edina, MN 55424

STPC Membership

Membership Total: 1818

November 2002: Volume 15, Number 9

In Memory...



Elvin Kolstad, 79, of South Minneapolis died September 26 after being stricken on the courts of the Nicollet Tennis Center. He was rushed to the hospital and died shortly after heart surgery. Elvin was a long-time member of STPC and was a captain for many years. Our sincere condolences to his wife and STPC member, Leona, to his sister and his nieces and nephews.

Marilynne Krueger, 76, of Saint Paul died August 10, 2002. We extend our sympathy to her husband and STPC member, Clarence ("Krueg"), and to their son and STPC member, Kent.

Robert Robinson, 82, of Falcon Heights died September 13, 2002 after a fall in his home. Professor Emeritus of the University of Minnesota, Bob was the consummate agronomist and spent his entire career researching small grains. He is given credit for the successful introduction of sunflowers into Minnesota's agriculture production. He is survived by a niece and grandnieces.

Wayne Wahl, 70, of Eden Prairie died in October, 2002. Our sympathy is extended to his sons, a daughter, and to their families.

As a non-profit organization the Senior Tennis Players Club gratefully accepts donations, memorials and estate gifts.



Mission Statement

The primary purpose of the STPC is to provide tennis playing opportunities to people 50 and older for their mental, physical, and social well-being.

Newsletter Submissions

To help make the newsletter as correct as possible, please submit all items in writing only, by mail or email. The deadline is the 20th of the month for publication the following month.

Send your submissions to: Mary J. Kaminski, 3300 East Gate Rd, Saint Anthony, MN 55418-2545. Email: mkaminski@attbi.com

If you have an idea you would like to see written up, or if you would like to write an article, call Mary Kaminski at 612-781-3271. We need help and input from writers and photographers.



Keeping Up With Artist Extraordinaire Chris Matteson

Chris Matteson has been elected a Director of Television Station SPNN, Saint Paul. She has also recently been elected Vice-Consul of the International Biographical Association.

In June, 2002 she spoke on Creativity at the Greek Amphitheater in Los Angeles to an audience of 5,000. She also attended the Vancouver Art Show at the Fairmount Hotel.

The new manager of the Minnesota Governor's residence on Summit Avenue, Saint Paul, has notified Chris that her painting on Zydeco Flowers is displayed in the atrium on the main floor of the mansion.

Way to go, Chris!

Percy's Tennis Rhythms



By Percy Hughes

Since 1986, two of our clubs most dedicated members have been Elvin and Leona Kolstad. I remember Elvin's first words to me. "I can't play this game." I swear he appeared to have tears in his eyes. Special attention after that? YES! Elvin and Leona were in our large Thursday morning classes. With that special attention, he not only enjoyed tennis, but through the lessons he became a learned player. Leona had a natural liking for tennis and her encouragement helped Elvin immensely. He became one of our most respected Captains. Even when he was sidelined with rotator cuff surgeries, he'd show up at the courts to do the necessary paper work. I'm sure that this fellowship enhanced his healing. I'm betting dear Elvin is serving up aces and volleying with Ernie Greene. Elvin -- we all love you!

SUBJECT: The Open Court.....GO FOR IT! Are we trying to make placements to the open court, or are we content just keeping the ball in play? Knowing when to make that "mean" angled drop shot, the deep lob, or hitting the ball to your opponents "shoe strings," are usually automatic point-getting shots. Get to our lessons -- your Pros work on these shots in their classes.

Remember -- NO FOOT FAULTS!

We Are the Champions!

By Jean Murdock

Senior Tennis Players Club members Bob Lundegaard, Dick Goplin and Cal Schadel were players on the 70+ men's softball team that won the World Softball Championship in October in Phoenix, Arizona.



Their team had to qualify by playing in tournaments in Elgin, Illinois, Winnipeg, Canada and the Duluth, Minnesota Northland Games. During the World Championship, the team played eight games and were unde-

feated. The amazing team had only played four times together prior to their championship rounds!



STPC Members on the World Champion Senior Softball Team: Bob Lundegaard (front, third from right, kneeling), Dick Goplin (back, fourth from right), Cal Schadel (back, second from right).

Congratulations to all the team but especially to our talented members who made it happen!

Remember...

If you want your *Senior Tennis Times* delivered to your winter address, you must send the change to:

Senior Tennis Times
P.O. Box 24826
Edina, MN 55424



AN INCOME OPPORTUNITY FOR THE STPC

Community Tennis will give STPC \$10 for every credit card application. The application will go only to the members that request it, indicating they have an interest in getting the income for the Club. Request an application form from Ron Liddiard at 952-829-7530, benz6pt9@aol.com, 9713 Dorset Ln, Eden Prairie, MN 55347.

Once the form is filled out and submitted in a pre-paid envelope, it will not be reviewed until the bank receives it.

P.S. You don't need to use the card to receive the credit.

Tennis Rules Quiz (Second Installment)

Contributed by David Sommer

Most players understand the Rules and Code of tennis fairly well. But there are some points that are commonly misunderstood. Here's a Q



and A to test yourself on these difficult points. [Source: USTA Rules of Tennis, copyright 2000.]

- Q.** Server faults on first serve; then on his second serve a ball rolls onto the court. A let is called, but then should the Server have two serves or just one?
- A.** Rule 13 is clear on this, and yet we get it wrong far too often: "In all cases where a let has to be called under the rules, or to provide for an interruption to play, it shall have the following interpretations:
- When called solely in respect of a service, that one service only shall be replayed.
 - When called under any other circumstance, the point shall be replayed."

The rule goes on to explain that "in respect of a service" refers to a ball which touches the net and falls in the service court. So the answer to the question is that the point is replayed, meaning that the Server gets *two* serves.

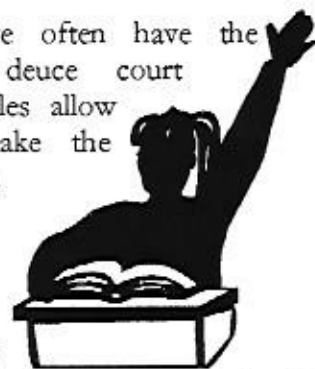
- Q.** A player hits the ball with underspin, and it falls on opponent's side of the net but then bounds back over the net and hits the ground again. Whose point?
- A.** The opponent loses the point because (Rule 20): "A player loses the point if...he fails, before the ball in play has hit the ground twice consecutively, to return it directly over the

net." Note that the second bounce of the ball does not have to be in the player's own court – it could be "over the fence" or in this case "on the other side of the net."

- Q.** May a player ever reach over the net to hit a ball?
- A.** Yes, in exactly the circumstance where the ball bounds back over the net! Rule 24 says "It is a good return...if the ball, served or returned, hits the ground within the proper court and rebounds or is blown back over the net, and the player whose turn it is to strike reaches over the net and plays the ball."

- Q.** In doubles, may a side choose to have the player who receives in the ad court be their first server?

- A.** Yes. Although we often have the player in the deuce court serve first, the rules allow each side to make the choice. See Rule 36.



Beyond the Rules, there is the Code which regulates non-officiated matches. The most important item in the Code is in section 6: "There is a subtle difference between player decisions and those of an on-court official. An official impartially resolves a problem involving a call, whereas a player is guided by the unwritten law that any doubt must be resolved in favor of his opponent."

Beyond this general principle, there are some subtle points that we may easily miss.

Look for the final installment of the Tennis Rules Quiz in the next issue of the Senior Tennis Times!

Fort Snelling Tennis and Learning

Is Now Bubbled for Indoor Play

7 State-Of-The-Art Courts

No Membership Dues

**Convenient Location
Weekday Permanent
Court Time Available**

**Senior Tennis Player Club Members
Receive the Following Benefits:**

- Ability to book permanent court time Monday-Friday from 9:00AM-3:00PM (not available to the general public)
- Discounted court fees for STPC Members*

| | 1 Hour | 1 ½ Hours |
|---------|--------|-----------|
| Singles | \$6.00 | \$9.00 |
| Doubles | \$3.00 | \$4.00 |

*Per Person Charge

- Courts can be booked up to 7 days in advance
- Call 612-252-8367 extension 3 for reservations

Meetings and Special Events:

- FSTLC can host meetings in our boardroom or in any of our three classrooms
- The Center can also be booked for banquets of up to 125 people

See you on the court!

Paid Advertisement

Long Term Care Insurance

You've worked hard to be financially secure;
now is the time to protect your assets.

Benefits include:
Home Health Care,
Assisted Living Care, Nursing Home Care
.....

Representing Multiple Insurance Companies

Sue Kaupa
651-905-9043

Paid Advertisement

Traveling Tennis news...

Fifth Annual Las Vegas Tennis Trip April 6-10, 2003

Includes airfare, lodging, some meals, transportation from airport to hotel, and pre-trip dinner at Mancini's. Head pro Duane Ryman, USPTA, PTR, and pro Bob Haggerty will lead daily drills, instruction & round robin.

Registration Form in next issue

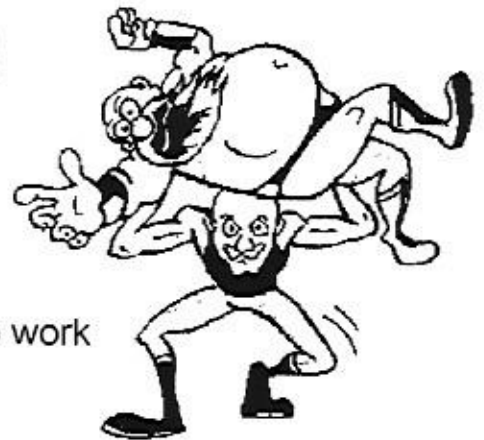
Traveling Tennis Coordinators
Karla Sand 651/739-7397
Pat Williamson 651/738-6953

Paid Advertisement

Doubles Troubles Strategy

Presented by Percy Hughes and Roger Boyer
Thursday, November 14, 2002—9:30-11:30am
Reed-Sweatt Family Tennis Center
(formerly Nicollet Tennis Center)

- ★ Sign up with your doubles partner or by yourself to work on your doubles game
- ★ Lunch and door prizes after tennis
- ★ Cost: \$10.00 per person



Name: _____

Phone: () _____

Send a \$10.00 check made out to STPC with this sign-up sheet **before November 11** to:
Sue Larson, 2888 Joppa Avenue #206, Minneapolis, MN 55416.

Do You Feel the Cold More Than You Used To?



By UCare Minnesota

A lot is still unknown about how the body adjusts to temperature changes. Some experts say normal aging may affect the body's ability to adjust to cold. Others say health problems or lifestyle habits are more at play.

If you feel cold all the time, UCare Minnesota encourages you to talk to your doctor. You may have a health problem that affects how the body handles cold. Some culprits: circulation problems and conditions that limit activity, such as arthritis.

Certain drugs also can lower body temperature. These include some cold remedies and some prescription drugs for anxiety, depression, and nausea. Before taking any drugs, ask your doctor how they might affect body heat.

Making some healthy changes also may help you stay warm:

- Exercise to generate body heat.
- Limit alcohol, which lowers the body's ability to retain heat.
- Dress properly for the weather. Don't let the temperature fool you.



For instance, brisk winds cause the body to lose heat rapidly—even if the temperature is fairly high.

- Finally, check the thermostat. Even mildly cool temperatures of 60 to 65 degrees Fahrenheit can cause your body temperature to drop dangerously low.

If you are feeling unusually cold, check for signs of hypothermia:

- A weak pulse
- Confusion
- Slurred speech
- A temperature under 96 degrees Fahrenheit.

Older people are more likely to develop hypothermia than younger people. If you suspect you may have hypothermia, wrap yourself in a blanket and get to a hospital emergency room.



UCare Minnesota is an independent, nonprofit health maintenance organization (HMO) serving more than 100,000 members. UCare offers three health plans for seniors: UCare for Seniors, a Medicare+Choice product for Medicare beneficiaries in the metropolitan area and adjacent counties; UCare SeniorSelect, a Medicare Select product; and Minnesota Senior Health Options for seniors eligible for Medical Assistance with or without Medicare. For more information, visit www.ucare.org or call (612) 676-3500 or 1-877-523-1518 (toll free). The TTY number is (612) 676-6810 or 1-800-688-2534 (toll free).

Senior Tennis Times Seeks Editor

We're scouting for a Senior Tennis Times editor. My term on the Board is up in April, and with it my stint as your editor.

Think about the benefits that go with this volunteer position. You'll be the first to know all the news; you'll be talking to lots of people and, sure, you'll get email; you'll get to know all the talented Board members, and if you like writing and editing, this is for you.



Interested?

Call me at 612-781-3271
Mary Kaminski



Change of Policy for Two-Liner Want Ads

Two-liner want ads for many years have been published free to STPC members. These will continue to be published free for one, two or three months. If publication is ordered for longer than three months, there will be a \$5 charge for each subsequent issue.

To place a free ad, email or write the editor. Mary J. Kaminski's email address is mkaminski@attbi.com - her mailing address is 3300 East Gate Road, Saint Anthony, MN 55418-2545. Be sure to indicate the month or months you are ordering.

For ads after three months, write your check made out to STPC for \$5.00 per time and mail it to Bernice Hanson, Treasurer, 120 Windsor Ct, New Brighton, MN 55112-3372. Please write on your check that it pays for an ad and the month of publication. Also let the editor know you want the ad to be continued.

Your ad is limited to 100 spaces, so be brief.



Two-Liner Want Ads

These free two-liner want ads are available to all STPC members. If you would like to place a free ad, email or write the editor, Mary Kaminski. Your ad can be only about 100 spaces long, so be brief.

Ballroom Dancing. Refreshments, Thursdays 1-3:30 Dick Macko's band. Lennox Comm. Ctr. 6715 Mtka Blvd. 763-428-2052.

Interested in Head racquets and clothing? Consult Percy Hughes at 952-831-2872 for what's best for you.

Chicago Condo: Rent by night or week. Best location in city. Lake view. 24-hr doorman. Newly decorated. Carol Curry, 612-920-2222.

Palace Resort in Cancun or any resort in RCI any time, anywhere. 952-431-3361. bahn003@tc.umn.edu or www.wjbahn.com.

Scottsdale/Carefree, AZ: Furnished townhouse to rent with pool & free tennis. Others to buy. For info please call 651-631-1044.

Ski Aspen Jan 16-21, 2003. Incl transp, B&B lodge, après ski treats hot tub, pool, 3 parties; \$575-675. Jan Hoffman 651-771-8553.

1BR furnished villa in Green Valley AZ - \$2500 total cost for winter season 612-869-7918 Fred Habegger

Sanibel, FL: 3 bdrm home, htd pool, near beach and tennis. Avl. 11/9/02-12/8/02 or 3/1/03-3/29/03. Call Bob at 952-908-0203.

Tucson Resort Villa - Rent furnished, 3 br 2 ba, free tennis + clubhouse. Contact Bob Sharpe, 612-483-1506.

Las Vegas Tennis—April 6-10, air, hotel, tennis pros. Karla (651-739-7397) or Pat (651-738-6953). See our ad on page 7.

Handyman Services: Affordable repairs/maint, SW Mpls/Edina/SLP. Bob 952-929-0844, rthompson111@earthlink.net.



A Holiday Gift Idea

How about an STPC membership as a gift? Surprise someone you'd like to see on the tennis courts—it might be just the incentive they need to get out and get some exercise among new friends. Call Caryl Minetti at 952-884-5136 and she'll arrange it for you.

QuickQuoteQuickQuoteQuickQuote

“Champions keep playing until they get it right.”



- Billie Jean King

Senior Tennis Players Club

◆◆ FREE LESSONS AND DRILLS—ALL LEVELS ◆◆

| LOCATION | DAY | TIME | SKILL | COST | INSTRUCTOR(S) | PHONE |
|--|-------|--------------|-------|--------|---------------|--------------|
| Nicollet Tennis Center 4005 Nicollet Avenue South Minneapolis 612-825-6844 | Mon | 1:30-3:00PM | All | \$3.00 | Laurie Kozlak | 952-939-9758 |
| | | | | | Duncan Welty | 952-933-8592 |
| | Thurs | 8:30-10:00AM | All | \$3.00 | Percy Hughes | 952-831-2872 |
| | | | | | Paul Stormo | 952-944-6286 |
| Oakdale Golf & Tennis Club 5115 Hadley Avenue North St. Paul 651-770-2719 | Wed | 12:30-2:00PM | All | \$3.00 | Carter Vach | 651-303-4458 |
| | | | | | | |
| Williston Fitness & Sports 14509 Minnetonka Drive Minnetonka 952-930-8370 | Tues | 5:30-7:00PM | All | \$3.00 | Jim Eler | 952-471-9750 |
| | | | | | | |

New members are encouraged to join the above lessons. After completion of 12 lessons you will receive a free can of balls, a certificate of completion and congratulations from the STPC president. Notify your instructor when you have completed 12 lessons. All members are encouraged to attend lessons and drills to improve your game.

◆◆ PRIVATE CLUB DRILLS OPEN TO STPC MEMBERS ◆◆

| LOCATION | DAY | TIME | SKILL | COST | INSTRUCTOR(S) | PHONE |
|--|------|--------------|----------|--------|---------------|--------------|
| Nicollet Tennis Center 4005 Nicollet Avenue South Minneapolis 612-825-6844 | | | | | | |
| | Tues | 9:00-10:00AM | 3.0 & up | \$5.50 | Tim Burke | 612-825-6844 |

Skill ratings: To determine your skill rating, attend one of the lessons/drills and ask the instructor to rate you.

Super Senior Leagues for the Winter: Get Involved--It's Fun



If you are at least 60 years old and would like to play USA League Tennis, men or women leagues, please call or email Liz Kamish at kamish@northern.usta.com 952-887-5001, ext. 17. USA membership is required.

membership is required.

League start is in November/December for NTRP levels of 3.5 and 4.0. A match consists of three doubles matches and are played at Twin Cities area tennis clubs.

"Tennis" - an excuse to work less.

Court Time Available at Wooddale!

The following court time is subject to first come, first serve for senior tennis. Captains and players are needed for these times. Call immediately to reserve your court time... 651-735-6214!



| Day | Time | # of Courts |
|-------|------------|-------------|
| Mon | 7AM-1PM | 2 |
| | 10AM-1PM | 2 |
| | 1-3:30PM | 1 |
| Tues | 7-9AM | 2 |
| | 7AM-1:30PM | 2 |
| | 1-3PM | 2 |
| Wed | 7-10AM | 4 |
| | 10AM-12PM | 1 |
| | 12-3PM | 4 |
| Thurs | 7AM-1PM | 2 |
| | 1-3PM | 1 |
| Fri | 7-10AM | 2 |
| | 12-3PM | 3 |

◆◆
**STPC Fall/Winter Indoor
Court Schedule Update**
◆◆

Moore Lake

Add Saturday, 8-10AM, 1 court, 3.0-3.5
M/W, Patti Kondziolka, 763-571-2287.

Wooddale Recreation Center

Delete Tuesday, 9-10AM, Gloria Dombroch.

Delete Friday, 8-10AM, Paul Leonhardt.

Friday, change time of Dean Schuessler's group to 11:30AM-1:00PM, change to 1 court.

**Players Needed
at Fort Snelling
Tennis and Learning
Center!**



Women Players, This is for You!

Tuesday, 9-11AM, 2.0-2.5 W, Dorothy Cummings, 952-226-2683.

Additional Players Wanted

Tuesday, 9-11AM, 3.0+ M, Kim Cummings, 952-226-2683 and 9-10AM, 3.0-3.5 M/W, Kent Dickerman, 651-292-1933.

Thursday, 9-11AM, 3.0+ M, Kim Cummings, 952-226-2683.

Friday, 9-11AM, 3.0-3.5 M, Chuck Wenz, 651-457-5347.

Join us as we...

“Serve Up Dessert for Tennis”

Date: Thursday, November 7 or Tuesday, November 19

Time: 1:00 p.m. to 2:30 p.m.

Place: Jones-Harrison Residence

3700 Cedar Lake Avenue, Minneapolis, MN



Jean Murdock, President of Senior Tennis Players, will introduce you to Jones-Harrison Residence staff and programs. Tour Jones-Harrison Residence as you learn about the Arthritis Care Program and Wellness Services available to Senior Tennis Players Club members at a reasonable fee. Arthritis care, an exercise program, warm water therapy all tailored to meet your individual needs.

Become a member, increase stamina, strength, balance and flexibility!

Learn exercises that can help prevent common tennis injuries.

Who knows, it may even improve your tennis game!

Dessert and socializing will follow the program.

For reservations call: Sue Larson at 952-929-4673 or e-mail SML9294673@aol.com
or call Dode Wonson at 952-938-1501.

Jones-Harrison Residence has been a partner with Senior Tennis Players Club as a sponsor of the Grandchild Grandparent Tennis Round Robin in 2002.

Senior Tennis Times
P.O. Box 24826
Edina, MN 55424

Nonprofit
Organization
US Postage
PAID
Minneapolis, MN
Permit No. 3270

**Change of Address and Phone Number?
Mail to Senior Tennis Times
P.O. Box 24826
Edina, MN 55424**

November 2002

Return Service Requested

SENIOR TENNIS TIMES
SENIOR TENNIS TIMES
3300 EAST GATE RD
ST ANTHONY MN 55418 -2545

UCare for Seniors



Now there's an affordable way to get more out of your Medicare coverage. With UCare for Seniors, you get comprehensive Medicare coverage, generous benefits, freedom of choice and peace of mind. All for an affordable monthly plan premium.

For more information about this surprisingly affordable coverage, call 612-676-3500, toll free 1-877-523-1518, or hearing impaired 612-676-6810.

UCare Minnesota is a Medicare+Choice organization with a Medicare contract. Members must use plan providers. Anyone eligible for Medicare who resides in the following UCare for Seniors service area may apply: Anoka, Carver, Chisago, Dakota, Hennepin, Ramsey, Scott, Sherburne, Washington, and selected zip codes in Wright (55301, 55313, 55320, 55328, 55341, 55349, 55358, 55362, 55363, 55373, 55376, 55380, 55390) and Mille Lacs (55371, 56313, 56330, 56353, 56363) counties.

U*Care*
MINNESOTA

When you feel good, it shows.